

*This newsletter is a collaboration between the Kentucky WIC Program and Lactation Improvement Network of Kentucky (LINK)*



Spring ■ 2016

# Kentucky Breastfeeding Newsletter



## *Mothers' Day Breastfeeding Promotion*

For Mother's Day 2015, Dana Bennett RD, LD, IBCLC, executed a breastfeeding promotion in the Bowling Green area. Dana started with two local events and created a raffle system to win bags filled with baby-friendly items and items for moms. A mom was allowed one ticket for every month that she breastfed, with a maximum of 12 months or 12 tickets. Overall, raffling the bags increased breastfeeding exposure, encouraged moms to continue breastfeeding, and congratulated moms who had previously breastfed. This was a great

effort to increase breastfeeding rates throughout Kentucky. Not only did the breastfeeding moms get to talk about their experiences, but seeing a booth just for breastfeeding moms may have inspired other women to consider breastfeeding.

For more information, feel free to email Dana at [Dana.Bennett@ky.gov](mailto:Dana.Bennett@ky.gov).

Amanda Giebink  
Dietetic Intern  
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## *Annual Breastfeeding Summit*

The Kentucky Women, Infants, and Children (WIC) Program hosted the sixth annual "Shape the Future" Breastfeeding Summit at the Clarion Hotel on Tuesday, March 22, 2016, in Lexington, Kentucky.

In addition to informative presentations, facilitated group discussions were conducted to set objectives

for future breastfeeding activities. A celebration of the last of five years of breastfeeding promotion success was also part of the Summit activities.

The Summit was offered in cooperation with the Kentucky Academy of Nutrition and Dietetics (KAND) as part of its annual conference.

[www.kybreastfeeding.com](http://www.kybreastfeeding.com)  
[www.breastfeedkentucky.com](http://www.breastfeedkentucky.com)  
<http://chfs.ky.gov/dph/mch/ns/breastfeeding>

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## *In the News*

### **Breastfeeding Could Prevent 800,000 Child Deaths, Lancet Says**

[www.theguardian.com/global-development/2016/jan/28/breastfeeding-could-prevent-800000-child-deaths-lancet-says](http://www.theguardian.com/global-development/2016/jan/28/breastfeeding-could-prevent-800000-child-deaths-lancet-says)

### **Review Suggests Breastfeeding Could Have Multibillion Dollar Benefit for Global Economy**

[www.foxnews.com/health/2016/01/29/review-suggests-breastfeeding-could-have-multibillion-dollar-benefit-for-global-economy.html](http://www.foxnews.com/health/2016/01/29/review-suggests-breastfeeding-could-have-multibillion-dollar-benefit-for-global-economy.html)

### **Support for Breastfeeding, in a Multitude of Ways**

[http://well.blogs.nytimes.com/2016/02/15/support-for-breast-feeding-in-a-multitude-of-ways/?\\_r=0](http://well.blogs.nytimes.com/2016/02/15/support-for-breast-feeding-in-a-multitude-of-ways/?_r=0)

### **Atlanta Airport Adds Nursing Stations After Moms Lobby**

[www.usatoday.com/story/travel/nation-now/2016/02/08/airport-breastfeeding/80011058/](http://www.usatoday.com/story/travel/nation-now/2016/02/08/airport-breastfeeding/80011058/)

### **How Important is Breast Milk and Delivery Method to a Newborn's Health?**

[www.pri.org/stories/2016-01-31/how-important-breast-milk-and-delivery-method-newborn-s-health](http://www.pri.org/stories/2016-01-31/how-important-breast-milk-and-delivery-method-newborn-s-health)

### **The Benefits of Spicing Up a Breastfeeding Mother's Diet**

[http://well.blogs.nytimes.com/2016/03/28/how-breast-feeding-can-broaden-a-childs-diet/?ref=health&\\_r=0](http://well.blogs.nytimes.com/2016/03/28/how-breast-feeding-can-broaden-a-childs-diet/?ref=health&_r=0)

## *Journal Review*

### ***American Journal of Public Health*, April 2016**

<http://dx.doi.org/10.2105/AJPH.2015.303021>

Total Duration of Breastfeeding, Vitamin D Supplementation, and Serum Levels of 25-Hydroxyvitamin D

### ***Breastfeeding Medicine*, March 2016**

<http://dx.doi.org/10.1089/bfm.2015.0141>

A Multidisciplinary Quality Improvement Approach Increases Breastmilk Availability at Discharge from the Neonatal Intensive Care Unit for the Very-Low-Birth-Weight Infant

<http://dx.doi.org/10.1089/bfm.2015.0120>

A Case Control Study of Diabetes During Pregnancy and Low Milk Supply

### ***Maternal and Child Health Journal*, March 2016**

<http://dx.doi.org/10.1007/s10995-015-1871-2>

Influence of Maternal Depression on WIC Participation in Low-Income Families

### ***Journal of Human Lactation*, published online February 17, 2016**

<http://dx.doi.org/10.1177/0890334416632203>

Use of Donor Human Milk and Maternal Breastfeeding Rates: A Systematic Review

### ***Journal of the American Board of Family Medicine*, January/February 2016**

<http://dx.doi.org/10.3122/jabfm.2016.01.150164>

Diagnosis and Management of Breastmilk Oversupply

### ***The Lancet*, January 2016**

[http://dx.doi.org/10.1016/S0140-6736\(15\)01024-7](http://dx.doi.org/10.1016/S0140-6736(15)01024-7)

Breastfeeding in the 21st Century: Epidemiology, Mechanisms, and Lifelong Effect

[http://dx.doi.org/10.1016/S0140-6736\(15\)01044-2](http://dx.doi.org/10.1016/S0140-6736(15)01044-2)

Why Invest, and What It Will Take to Improve Breastfeeding Practices?

## Resources

### Academy of Breastfeeding Medicine

<http://www.bfmed.org/Resources/Protocols.aspx>

The Academy of Breastfeeding Medicine has released a revised *Clinical Protocol #19 Breastfeeding Promotion in the Prenatal Setting, Revision 2015*. Recommendations include creating a breastfeeding-friendly office and community; considering the background, ethnicity, and culture of individual women, families, and communities; considering behavioral and psycho-educational approaches to breastfeeding support; and integrating breastfeeding promotion, education, and support throughout prenatal care.

### The American College of Obstetricians and Gynecologists

[www.acog.org/Resources-And-Publications/Committee-Opinions](http://www.acog.org/Resources-And-Publications/Committee-Opinions)

This committee opinion, released February 2016, reflects emerging clinical and scientific advances. Recommendations are given for education requirements for obstetricians/gynecologists and other obstetric care providers. This document helps providers define their role in supporting breastfeeding mothers. Finally, providers are encouraged to work toward advancement of supportive breastfeeding policies.

## Important Dates

**May 23-27, 2016**

**Lactation Counselor Training Course and CLC Certification Exam**

Louisville, KY

[www.healthychildren.cc](http://www.healthychildren.cc)

**June 14, 2016**

**CDC/USBC Bi-Monthly Coalitions Webinars**

**2:00-3:00 Eastern**

[www.usbreastfeeding.org/coalitions-webinars](http://www.usbreastfeeding.org/coalitions-webinars)

**May 22-25, 2016**

**Annual Education and Training Conference and Exhibits**

Cincinnati, OH

[www.nwica.org/events/info/2016-annual-education-and-training-conference-exhibits](http://www.nwica.org/events/info/2016-annual-education-and-training-conference-exhibits)

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